

**California  
Physical Fitness  
Test 2002-03**

**North/South Update**  
**September 30 — Sacramento**  
**October 2 — Burbank**

California Department of Education  
Standards and Assessment Division

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**California Physical  
Fitness Test 2002-03**

**Education Code Section  
60800 requires:**

- ◆ Annual testing for students in grades 5, 7, and 9
- ◆ District is to administer the test during the month of March, April, or May
- ◆ Student participation whether or not they are enrolled in a physical education class

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**Fitnessgram Test**

**Six fitness standards students  
must meet to be considered fit:**

A student must meet all six standards before he or she is considered fit. Fitnessgram test assesses six major fitness areas, with several performance task alternatives.

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**Fitnessgram Test  
Six Fitness Areas**

- ◆ **Aerobic Capacity**
  - Pacer
  - Mile Run/Walk
  - Walk Test (13 years and older)
  
- ◆ **Body Composition**
  - Percent Fat
  - Body Mass Index (height and weight)

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**Fitnessgram Test  
Six Fitness Areas**

- ◆ **Abdominal Strength**
  - Curl-up
  
- ◆ **Upper Body Strength**
  - Push-up
  - Modified pull-up
  - Pull-up
  - Flexed Arm Hang

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**Fitnessgram Test  
Six Fitness Areas**

- ◆ **Trunk Strength**
  - Trunk lift
  
- ◆ **Flexibility**
  - Back-saver sit and reach
  - Shoulder stretch

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**Key Points  
For 2001–02**

- ◆ Annual reporting
- ◆ First time that year-to-year comparisons were available
- ◆ Physical fitness data is a required element of the School Accountability Report Card

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**Key Points  
For 2001–02**

- Public access to the data will be available via Internet early 2003**
- ◆ Public access also available via DataQuest
  - ◆ Percent students in Healthy Fitness Zone for 6 of 6 standards, 5 of 6 standards, 4 of 6 standards, etc.
  - ◆ Percent students in Healthy Fitness Zone for each fitness task
  - ◆ Partially tested students are included in Healthy Fitness Zone percentages
  - ◆ Results reported by grade for total population, gender, and ethnicity at state, county, district, and school levels
  - ◆ 1999 and 2001 comparisons available on existing Web site (links provided)

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**Key Points  
For 2002–03**

- ◆ Deadline for submitting data to Educational Data Systems is June 30, 2003
- ◆ Data must be reported electronically or by Scantron forms
  - Internet data entry site
  - e-mail
  - disc, tape, CD-Rom
  - FTP (File Transfer Protocol)

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**Key Points  
For 2002-03**

- ◆ Programmed template on Web page to facilitate compiling data
- ◆ Cannot be accepted:
  - Fitnessgram software prior to 6.0 (include CDS code and school/district names in export file from Fitnessgram)
  - Handwritten score sheets
- ◆ Newly required assessment for Charter Schools
- ◆ 2003 Physical Fitness Testing packet to be sent to county/district superintendents in November

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**Priorities  
For 2002-03**

- ◆ Results will be reported to Governor and Legislature
- ◆ Consistency in data reported will be enhanced
  - Training for improved data collection and reporting
- ◆ Participation will be increased
  - Communication to districts that did not test results or send usable data

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**Goal  
For 2002-03**

- ◆ Improving fitness level of California's children
- ◆ California children who are fit, healthy, and ready to learn

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**Physical Fitness  
Test Web Sites**

◆ Physical Fitness Test Results Web site:

- <http://www.cde.ca.gov/statetests/pe/pe.html>

◆ Data Quest Link

- <http://dq.cde.ca.gov/DataQuest/>  
link to "additional data available on the CDE website"

◆ For more information:

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(916) 319-0341  
[dvigil@cde.ca.gov](mailto:dvigil@cde.ca.gov)

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